



A CUP OF HEALTH WITH CDC

Buckle Up

Click It or Ticket Campaign — May 23-June 5, 2016

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[Announcer] *This program is presented by the Centers for Disease Control and Prevention.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Motor-vehicle crashes cause thousands of deaths each year in the United States. Many of these can be prevented if people wear their seatbelts.

Laurie Beck is a researcher with CDC's National Center for Injury Prevention and Control. She's joining us today to discuss the importance of wearing seat belts in motor vehicles. Welcome to the show, Laurie.

[Laurie Beck] Thank you for having me.

[Dr. Gaynes] Laurie, how many drivers and passengers are killed or seriously injured in motor vehicle crashes each year in the U.S.?

[Laurie Beck] More than 21,000 drivers and passengers are killed in motor vehicle crashes each year, and 2.4 million are treated in emergency departments for crash-related injuries.

[Dr. Gaynes] How many died who were NOT wearing a seat belt?

[Laurie Beck] Half of people who died were not buckled. Seatbelts reduce the risk of serious injury or death by half. They're the best protection a person can have if they have a crash.

[Dr. Gaynes] What reasons do people give for not wearing a seat belt?

[Laurie Beck] Some of the common reasons people give for not wearing seat belts are that they simply forgot or were in a rush or they think they don't need a seat belt for a short trip. But a crash can happen at any time. Everyone needs to buckle up on every trip and in every seat.

[Dr. Gaynes] Laurie, how many states *require* motor vehicle occupants to wear seat belts?

[Laurie Beck] Forty-nine states and the District of Columbia have seat belt laws. There are two types of seat belt laws. Thirty-four states and D.C. have primary enforcement laws. This means that police can pull over a vehicle and give a ticket when they see someone who is unbuckled. Sixteen states have secondary enforcement laws, which mean that police can only give tickets for seat belt violations if the vehicle has already been stopped for some other reason.

[Dr. Gaynes] Have these seat belt laws resulted in a substantial increase in use?

[Laurie Beck] Yes. States with primary enforcement laws have higher rates of seat belt use and lower rates of crash-related deaths and injuries. In 2014, seat belt use was 90 percent in states with primary enforcement laws, compared with 79 percent in states without such laws.

[Dr. Gaynes] Where can listeners get more information about seat belt use?

[Laurie Beck] Listeners can get more information at cdc.gov/motorvehiclesafety, all one word.

[Dr. Gaynes] Thanks, Laurie. I've been talking today with CDC's Laurie Beck about the importance of wearing seat belts in motor vehicles. Remember, nearly all states now *require* seat belt use. To decrease your chances of serious injury or death, and avoid a costly fine, make sure everyone in your vehicle is buckled up on every trip.

Until next time, be well. This is Dr. Robert Gaynes for A Cup of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.